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# Recipes

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## Yogurt-Granola Parfait with Cameo Apples and Berries

This simple parfait of granola layered with yogurt and a Cameo apple-berry mixture takes your morning cereal to a whole new level. If you have ice cream sundae dishes, this would be a great time to use them; otherwise 12-ounce wine glasses or regular drinking glasses can be used.

1 3/4 cups plain or vanilla yogurt  
6 Tbsp honey  
8 oz fresh berries (blackberries, blueberries, raspberries and/or strawberries)  
2 Cameo apples  
2 1/2 cups granola

Stir together the yogurt and 4 tablespoons of the honey in a small bowl.

Pick over the berries to remove any stems or leaves and halve or quarter larger berries. Put the berries in a medium bowl. Quarter and core the apples and cut them into 1/4 inch dice. Stir the apples and the remaining 2 tablespoons of honey into the berries.

Spoon a few tablespoons of the granola into the bottom of each sundae dish or wine glass. Top the granola with a few tablespoons of yogurt, then add a generous spoonful of the apple-berry mixture. Repeat the layering 1 more time, drizzling any remaining juice from the fruit over the top.

Makes 4 servings